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FRINGE: EDGAR ALLAN WOAH! {page 12}

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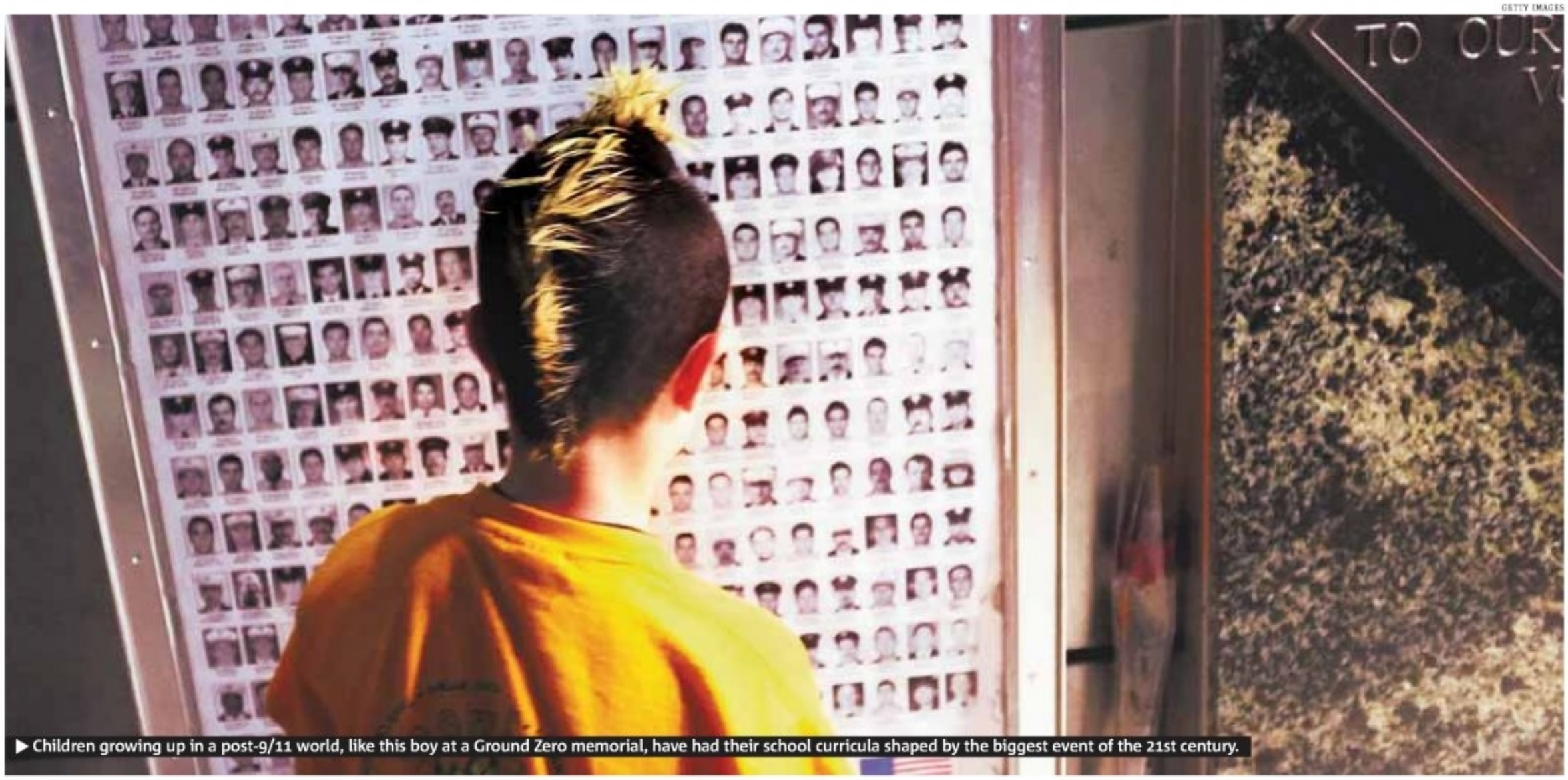
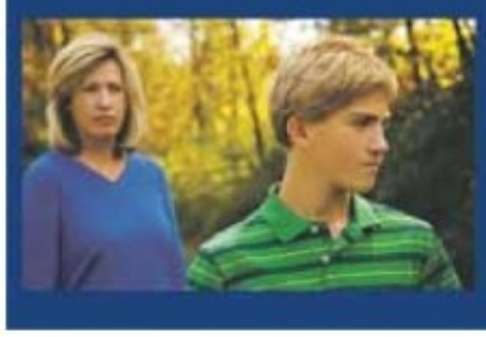


▶ Children growing up in a post-9/11 world, like this boy at a Ground Zero memorial, have had their school curricula shaped by the biggest event of the 21st century.

How we're teaching 9/11

Many students in Philadelphia embark on community service projects that teachers are encouraged to start on Sept. 11 From early age, Philly school children learn of that fateful day Many know what happened {page 02}



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Learning how to never forget

From New York City to Philadelphia, 9/11 has become a key component of public school curricula ◗ Particularly on the day itself, students often start community service projects

Last spring, Tom Buxton was horrified when a sixth-grade student told him she thought 9/11 was an accident.

"An accident. That was it," recalled Buxton, a New York City English teacher in Brooklyn.

The student's inaccurate statement prompted the teacher to devote an entire year of his English class to teaching students about 9/11.

Along with the National September 11 Memorial & Museum, the city Department of Education created a curriculum for teachers to teach 9/11, which can be used in K-12 social studies, history or English classes. But Buxton felt the preplanned curriculum lacked a human element. He invited guest lecturers, like a man who lost a relative in the towers and a person who carried another in a wheelchair down 62 floors, to speak to his seventh-grade class.

"For two hours, you didn't hear a chair move," he said.

Closer to home in Philadelphia, on the anniversary of the 9/11 terrorist attacks, many students will not only be learning about the tragic events of that day, but about how they can make their communities a safer place to live.

In the School District of Philadelphia, teachers are encouraged to use the day to launch community service projects, an idea that came from President Obama's message of volunteerism.

"What we want people to understand is we always need to remember to give to other no matter how difficult the hardship seems to be," said Donna Runner, the district's assistant superintendent for curriculum and instruction.

In the lower grades, students often discuss heroes from 9/11 and how to live together peacefully. In the higher grades, students discuss the events and how they have affected domestic and international policy, Runner said.

Students at Mariana Bracetti Academy Charter School in Kensington will get to a visit from a first responder. Chris Suprun, a veteran paramedic, will talk about being prepared in life and in an emergency.

ALISON BOWEN and SOLOMON D. LEACH

▶ Brooklyn middle school students, with teacher Tom Buxton's help, created a mural for 9/11.

MILES DIXON/METRO

BELOW/FAR BELOW: RIKARD LARMA/METRO

"Osama bin Laden planned an attack and he did it on 9/11 because it [symbolized] 9-1-1."

KUZARI LATIMER, EIGHTH GRADE, PHILADELPHIA

"Al-Qaida attacked two Twin Towers and they used some airplanes to kill a lot of people."

SHELBY BARRON, EIGHTH GRADE, PHILADELPHIA

Advice on how to talk to kids about 9/11

Dr. Mary Pulido, director of the New York Society for the Prevention of Cruelty to Children, said disaster should be approached delicately with children.

"The little ones, kindergarteners down, they shouldn't even know what 9/11 is at this point," she said. "Eleven- or 12-year-olds, they were born or one or two years [years old], so I doubt they'll have vivid memories of it at that age."

These children may come home from school today wondering about 9/11, or perhaps have a friend with a personal connection.

"Let them bring it up," she advises. Say something like, "Why do you think we're remembering the anniversary?" or "What did you hear in school about Sept. 11?" METRO/AB

In the news

Man pleas in extortion case

A Philadelphia man pleaded guilty yesterday to extorting money from the Philadelphia Parking Authority. Rocco Martinez, 30, was accused of trying to sell the agency a video recording of a parking enforcement officer allegedly accepting a bribe. According to prosecutors, Martinez contacted PPA Executive Director Vince Fenerty, who then contacted authorities and set up a sting. METRO

In the news

kraft

Shooter guilty

A former Kraft Foods employee was found guilty yesterday of killing two people and wounding a third during a shooting rampage at the company's Northeast Philadelphia plant two years ago. Prosecutors said Yvonne Hiller was suspended for arguing with coworkers whom she accused of poisoning her, but returned minutes later and opened fire. METRO

Region's 9/11 events

It's been 11 years since a series of terrorist attacks shook the nation. Here are some regional events commemorating the day that has thus far defined America in the 21st century:

- Vice President Joe Biden will speak at the Flight 93 National Memorial in Shanksville. Events begin at 9:30 a.m. and include a reading of the names of those killed aboard the flight, a ringing of bells of remembrance by surviving family and community members and a moment of silence at 10:03 a.m., when the flight crashed in 2001 after passengers stormed the cockpit.
- Mayor Michael Nutter and the commissioners of police, fire and prisons will at 9:59 a.m. lead a memorial walk from the Fireman's Hall Museum at Second and Quarry streets to the Betsy Ross House on Arch Street. All Philadelphians are invited to assemble at their local fire stations for a moment of silence at 9:59 a.m., when the first tower collapsed. Citizens are also urged to donate to the Fallen Heroes Memorial Fund established to honor city police and firefighters killed in the line of duty. Nutter will attend the Schuylkill River Development Corporation's unveiling of Philadelphia's first 9/11 Memorial on the Schuylkill Banks just south of the Chestnut Street Bridge at 1 p.m.
- Religious leaders from across the region will hold an interfaith ceremony at the Lower Makefield Garden of Reflection in Yardley at 8:30 a.m. The names of the 18 Bucks County 9/11 victims will be read, followed by a bell ringing by the Yardley Makefield Fire Company. A wall of remembrance upon which visitors can share their sentiments will be in place for the entire month. The garden will at 7 p.m. hold a candlelit Remembrance in Light Ceremony featuring prayers, music and flower placements.
- Motorcyclist group the 9/11 Memorial Coalition will hold its annual 37-mile motorcycle parade, the largest in the area, through six towns in Lycoming County. The ride, which kicks off at 2311 Route 54 in Montgomery, Pa., at 6 p.m. after a 5:30 p.m. memorial service, is free, but donations are accepted to benefit local volunteer first responders injured or killed in the line of duty. METRO/AW

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In the news

Companies use WTC as bargaining chip

NEW YORK. Companies renegotiating their property leases in New York are seeking lower rents by playing the World Trade Center card — threatening to move to the towers rising from the rubble of the 9/11 attacks.

Many brokers and landlords say they're just bluffing.

The WTC is struggling to fill its millions of square feet of office space at the southern edge of Manhattan amid a real estate slowdown all across the city. It is so bad that construction is set to be halted on two of the four towers planned for the WTC complex until tenants sign up. **REUTERS**

Anniversary of 9/11 marked as long-standing feud over museum construction ended

Eleven years after the September 11, 2001 attacks, New Yorkers will mark the anniversary today as a feud over financing appears to have been smoothed over — at least temporarily.

As part of an eleventh-hour deal reached last night, construction will resume again on the stalled 9/11 museum.

The National September 11 Memorial and Museum foundation and the Port Authority of New York and New Jersey reached a compromise last night to resolve a long-standing funding feud.

There were early disputes over financial, design and security issues, but a major sticking point was the museum at the heart of the World Trade Center site redevelopment. Construction had been suspended because of a feud over finances between the two entities.

The deal was broked by New York Gov. Andrew Cuomo, Mayor Michael Bloomberg and New Jersey Gov. Chris Christie.

"Everyone agrees we want to build the museum," Cuomo said, according to the Daily News. "It's important. It will be important for generations to come. We want it done. We also have to do it in a way that is financially feasible."

$15B

Overall redevelopment costs have grown to nearly $15 billion, up from $11 billion in 2008, according to a project audit.

▶ Ground Zero on Sept. 11, 2011

ALEX FUCHS/AFP/GETTY IMAGES

WTC fact box

- Two of four office towers planned for the site have been "topped out," which means the last beam has been set in place at the top. An above-ground memorial was finished in time for the 10th anniversary last year, and a transit hub is nearing completion.
- The memorial features giant reflecting pools in the footprints of the twin towers, which are surrounded by bronze panels inscribed with the names of the victims. The above-ground plaza with 400 oak trees has been visited by more than four million people since it opened one day after the 10th anniversary.
- One World Trade Center: The $3.8 billion tower should open in early 2014, about five years behind schedule. German architect Daniel Libeskind, the site's master planner, envisioned a twisting "Freedom Tower" whose height of 1,776 feet matched the year of U.S. independence. **REUTERS**

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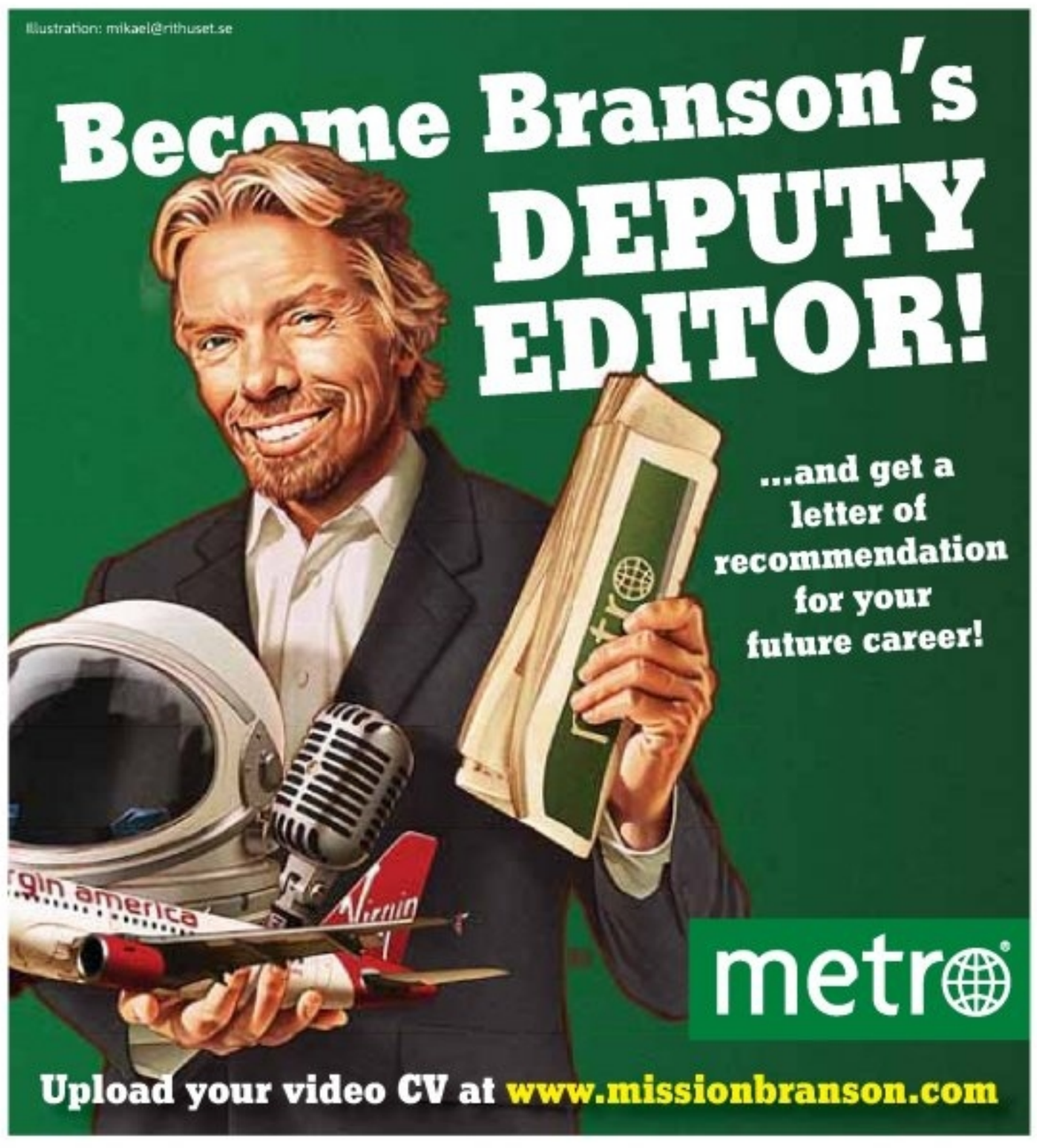
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Council staffers fired following DUI charges

Two City Council staffers were canned yesterday after being charged with allegedly driving under the influence following a crash early Saturday morning.

Council President Darrell Clarke's receptionist Robin Jones, 50, and City Council Sergeant-at-Arms Rodney Williams, 41, were mailed pink-slips after failing to show up for work yesterday, according to Clarke's spokeswoman. City Controller Alan Butkovitz also announced that he will review the city's municipal vehicle fleet program after the discovery that neither were allowed to be driving the cars. METRO/AW

In the news

Tree program extended into fall

The TreePhilly campaign has been extended into the fall, giving property owners another few months to get free trees from the city, officials announced yesterday.

Property owners can request two trees — up from the one-per-person limit of the spring campaign — to be planted in their front, side or back yards.

There are now a wider varieties of tree species available for request, including sweetbay magnolia, serviceberry, river birch, sugar maple, white oak, Carolina silverbell, black gum and American smoketree. METRO/AW

Taking tombstones digital

Bucks County couple creates QR codes for grave markers Links mourners to online memorials Service also available for family pets

After suffering several personal losses, a Bucks County couple has conjured up with a new way to celebrate the lives of departed loved ones.

The idea came to Rick Miller as he drove home from a country fair with his wife, Lorie, according to a release. "Let's offer a service that attaches QR codes — quick response codes — to headstones, that will link to a memorial website that is personalized for your loved ones," he said.

The pair founded Digital Legacys, a company that offers laser-etched brass or stainless steel QR codes that can be attached to tombstones with heavy-duty adhesive tape. The codes, which can be scanned with any smartphone or tablet, take users to a website dedicated to the deceased featuring stories, pictures, music and social media plugins.

"Because our family pets are so important to us, we also offer this service to all pet owners."
LORIE MILLER

Don't know how to set up a memorial page? The company has that covered, too, offering yearly or lifetime webpage services to which the markers can be linked. "We understand that this can be an emotional process," Lorie Miller said in a release. "To make it easier, you just give us your information, photos, etc. and we do all the work." The information can be sent electronically or through the mail.

And the service isn't limited to humans only. "We have taken this service a step further," Lorie Miller said in a release, "Because our family pets are so important to us, we also offer this service to all pet owners."

A Bucks Co. company offers tombstone-to-Web connections.

Services start at $50 for a one-year memorial website and range up to $125 for a QR tag plus lifetime memorial website package.

ALEX WIGGLESWORTH
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Setting aside the rhetoric, Obama, Romney to appear at Clinton's charity summit

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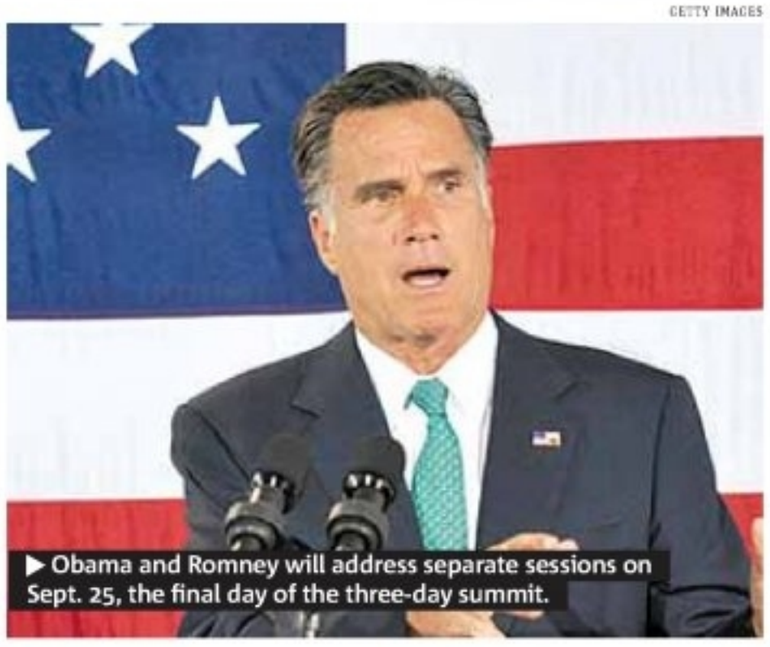
▶ The invitations to President Obama and Governor Romney for the 2012 annual meeting were extended earlier this summer.



▶ Obama and Romney will address separate sessions on Sept. 25, the final day of the three-day summit.

President Barack Obama and Republican rival Mitt Romney are expected to set aside their political differences later this month to speak at Bill Clinton's eighth annual philanthropic summit.

Obama and Romney were invited earlier this summer to attend the Clinton Global Initiative (CGI), a summit official said, well before Clinton's Democratic National Convention speech last week where he gave a rousing endorsement of Obama and a detailed attack on the Republican presidential candidate.

Obama and Romney will address separate sessions on Sept. 25, the final day of the three-day summit in New York City that brings together heads of state, business leaders, humanitarians and celebrities to make commitments to tackle the world's woes.

It was not known what topics they planned to speak about.

"CGI is built on the spirit of non-partisan, cross-sector collaborations that drive action and I'm proud that, since we began in 2005, CGI members have made more than 2,100 commitments that are already improving the lives of 400 million people all over the world," Clinton said.

Clinton, who this week is due to campaign for Obama in the critical swing states of Florida and Ohio, gave point-by-point criticism of Romney and his vice presidential running mate, congressman Paul Ryan, during a prime-time address to the Democratic convention in Charlotte, N.C.

Clinton said Obama should not be blamed for the poor economy he inherited in 2009.

REUTERS

"I'm grateful that President Obama and Governor Romney are taking time to join leaders from all parts of society who choose to address our greatest global challenges through the Clinton Global Initiative."

BILL CLINTON

News in brief

GETTY IMAGES

With $114M raised, Obama barely edges Romney in August

WASHINGTON. President Barack Obama's campaign and Democratic allies raised more than $114 million in August, narrowly beating Republican rival Mitt Romney for the first time in months as the race for the White House approaches its final stretch.

Romney and fellow Republicans said yesterday they raised more than $111 million in August, continuing a string of high-dollar hauls that leave him well-equipped to contest the Nov. 6 election.

While Obama shattered fundraising records in 2008 after becoming the first presidential candidate to opt out of a federal matching funds system, Romney has outpaced him significantly on the fundraising front.

That has added to a cash advantage on the Republican side offered by the success of outside "Super PAC" groups that have spent lavishly in support of the Republican candidate with unlimited funds from millionaire donors. **REUTERS**

+$3M

President Obama raised $3 million more than his rival Mitt Romney in August.

Anti-GOP remarks attributed to FAA managers spark election probe

WASHINGTON. Officials have launched an investigation into remarks by senior Federal Aviation Administration managers who allegedly told subordinates that Republican victories in November's election could lead to budget cuts and furloughs for FAA employees, a source with knowledge of the probe said yesterday.

Cause of Action called last week for an investigation of the remarks, saying they could violate the federal Hatch Act, which prevents executive branch civil servants from engaging in partisan political activity.

Cause of Action is a government accountability group led by Dan Epstein, a former congressional aide who has led investigations involving the community advocacy group ACORN, the National Labor Relations Board and labor union SEIU. **REUTERS**

Metropolitik

JASON FROSCH
POLITICAL CORRESPONDENT FOR METRO

DELIVERING SOME TRUTH ON DEBT MESS

The Republicans are hoping you've forgotten last summer's debt ceiling crisis — the fight over raising the country's credit limit that cost the U.S. its AAA rating and increased its yearly borrowing costs by $1.3 billion. Last week, Mitt Romney blamed President Obama for the $55 billion in defense cuts scheduled to begin in January. But the Democrats are not responsible for this looming cut to defense spending, and the Republicans know it.

Last summer, Republicans refused to raise the debt ceiling unless every dollar was matched by a dollar of debt reduction. But Republicans refused to allow any of that debt reduction to come from raising taxes — only spending cuts. Faced with the threat of default and the global economic meltdown that would likely result, the Democrats reluctantly agreed.

Knowing that committing to specific cuts could be politically costly, our courageous representatives proposed the "Super Committee" — a small bipartisan group of 12 lucky members of Congress who would be solely responsible for choosing what to cut, thereby taking all the heat and shielding the rest of Congress from the ensuing political firestorm. To give the Super Committee cover to do their dirty work, Congress came up with an ultimatum, sort of a fiscal Mutually Assured Destruction. The Super Committee had to make those hard cuts because if they didn't, $1.2 trillion in cuts would be triggered automatically — half from defense and half from non-defense programs, including Medicare. The idea was that these automatic cuts would be so catastrophic that the Super Committee members would choose to fall on their own scissors rather than allow them to be triggered.

Of course, the Super Committee failed, and those automatic cuts loom ever closer. But given the absurd history of how these cuts were enacted, Romney's implication that the president favors them is transparently deceptive.

Quoted

" 12 lucky members of Congress ... would be solely responsible for choosing what to cut, thereby taking all the heat and shielding the rest of Congress from the ensuing political firestorm.

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For more information, call local toll-free **1-877-823-5439**

Chestnut Hill freshmen get to know their community through service

Nine incoming freshmen at Chestnut Hill College had the opportunity to participate in a new Leadership, Engagement and Service (LENS) program. Arriving on campus a week before fall semester, they participated in a service immersion experience designed to introduce them to community and social justice issues in various settings around Philadelphia, including Face to Face Germantown, St. Joseph Villa, Philabundance and the Providence Center. LENS is designed to get students involved in the college's culture of service.

▶ LENS students tended a community garden at the Providence Center.

CHESTNUT HILL COLLEGE

St. Joseph's University buys City Avenue estate

St. Joseph's University announced Friday that it has signed a letter of intent with the Archdiocese of Philadelphia to buy the 8.9-acre estate on City Avenue known as the Cardinal's Residence. They expect to sign the final papers for the $10 million purchase within the next few weeks.

The property, which is immediately adjacent to SJU's 48-acre Philadelphia campus, includes a three-story, 23,350-square-foot mansion and two other buildings. Long-term plans for the property have not been announced, but the university may use some of the existing space for administrative offices in the short term.

ST. JOSEPH'S UNIVERSITY

"Acquiring this adjacent property presents an opportunity that will be integral to the University's long-term strategic planning," said SJU president Kevin Gillespie, S.J.

The purchase will be funded by a combination of donations and internal resources.

The archdiocese put the estate up for sale earlier this year as part of the financial reorganization needed to deal with the $17 million deficit in this year's budget. The deficit was worsened by the need to pay millions in legal fees in connection with the trial of Msgr. William Lynn, who was found guilty in June of endangering children by failing to respond appropriately to reports of pedophilic priests.

In addition to selling the City Avenue estate, the archdiocese has closed 27 parochial schools in the five-county area in an effort to cut expenses. This was fewer than the 48 closures originally announced in January.

JUDY WEIGHTMAN
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Education in brief

Free e-book from Penn

Wharton Digital Press of the University of Pennsylvania is giving away a free e-book Sept. 10-17: "Why Good People Can't Get Jobs: The Skills Gap and What Companies Can Do About It." Author Peter Cappelli, a professor of management, looks at employers' claims that schools are not providing the training that potential employees need. He also examines factors like automated resume-reading and the effect reliance on technology has on the hiring process.

The e-book is available at **http://wdp.wharton.upenn.edu/books/why-good-people-cant-get-jobs/.**

Stargazing nights at MCCC

Montgomery County Community College will hold three community nights this fall in the observatory on the Blue Bell campus's Observation Deck. These events are free and open to the public. The open observatory dates are Sept. 17 from 8-10 p.m.; Oct. 15 from 7-9 p.m.; and Nov. 12 from 6-8 p.m., weather permitting. The Observatory is located on the third floor of the College's Advanced Technology Center, Central Campus, 340 DeKalb Pike, Blue Bell. For more information, call 215-641-6460. JUDY WEIGHTMAN

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THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

A sneaky wedding for Reynolds and Lively

ALL PHOTOS: GETTY IMAGES

▶ We can't wait to see the beautiful babies these two will create.

Usually, people as famous as **Ryan Reynolds** and **Blake Lively** can't go grocery shopping without us snooping around their carts. But somehow, the impossibly pretty couple planned and executed an entire wedding over the weekend without us so much as getting a whiff of cake. (Our guess: They killed off the rare caterer who wasn't hypnotized by their sparkling eyes.)

On Sunday, Reynolds, 35, and Lively, 25, tied the knot just outside of Charleston, S.C. A number of details have finally trickled in — the Reynolds trance doesn't last forever — and it seems they had the kind of understated wedding that really works best when you're overly wealthy: a simple white gown (by Chanel), an outdoor reception (at an antebellum plantation) and music by close friends (**Bette Midler** and **Florence Welsh** of Florence + The Machine).

It's the second time down the aisle for Reynolds — who divorced **Scarlett Johansson** in 2010 after two years of marriage — and the first for Lively, who, not to be outdone, briefly dated **Leonardo DiCaprio** last fall.

Now, we're usually a pretty cynical bunch over here, but we think these two have a real chance. Until those **Beckham** kids grow up, it's impossible they'll find someone with more perfect bone structure.

Stefani talks marriage

Gwen Stefani is celebrating 10 years of marriage with husband **Gavin Rosdale** this week, calling the milestone a "miracle."

"My biggest accomplishment is my marriage so far. Because it's hard, everyone knows it's hard," she says in the new issue of Marie Claire. "We're learning about each other all the time. He balances me out. And he never stops liking me, which is awesome! It makes me feel happy, that someone likes me as much as he does."

But did he bleach his hair out and wear bindis for you? Did he follow you through that awkward hip-hop phase in ill-advised high-tops? We didn't think so, Gwen. We didn't think so.

Talking points

Pattinsongate 2012: Your daily update

Kristen Stewart knows that pretty soon she'll be side-by-side with estranged boyfriend **Robert Pattinson** to promote the final "Twilight" film, and she swears she isn't stressing out about it. "We're going to be fine. We're going to be totally fine," she tells The Associated Press.

Maybe she got wind of her ex's wedding

Scarlett Johansson turned heads at the Democratic National Convention when she held hands and acted affectionate with former flame **Jared Leto**, but her rep insists there's nothing fishy going on. "Scarlett is still dating **Nate [Naylor]**," he rep says, according to Us Weekly. "This is very innocent. Scarlett and Jared have remained friends, nothing more, nothing less. Let's concentrate on the DNC and her speech, which is exponentially more important." Johansson addressed the convention earlier in the evening, preceding the speech by **President Barack Obama**.

▶ Scarlett Johansson is a fan of Barack Obama — and her ex, Jared Leto.

Man arrested outside Cyrus' home

An unidentified man wielding a pair of scissors reportedly tried to force his way in **Miley Cyrus**' Los Angeles-area home late at night over the weekend, according to The Associated Press. Luckily, Cyrus wasn't home at the time the man attempted entry, claiming to be a friend of the singer and actress. Employees inside the man called police, and they arrested the man after spotting him jumping behind bushes on the property.

Walken on the wild side

In his new film, "Seven Psychopaths," **Christopher Walken** plays a dognapper. And while the actor was fond of the film's starring shih tzu, he admits that working with animals isn't always easy.

"That dog was a good film dog," Walken tells Metro. "Cats are hard. And when I did 'Batman Returns,' we worked with hundreds of penguins. Penguins are difficult. They just don't do what they're told."

Christopher Walken, trying to reason with a penguin: Don't say this page never gave you anything.

Walken and co-star

2

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@JohnStamos
Willy Wonka: Charlie, don't forget what happened to the man who suddenly got everything he he always wanted. He lived happily ever after.

@ConanOBrien
The gift bags from the MTV Video Music Awards included condoms and Hot Pockets. Let's hope nobody confused the two.

@azizansari
Dude on my flight is watching Men in Black 3, watching with no sound & pretending its a Hitch sequel bout Hitch trying hookup an alien.

@JuddApatow
Getting up early is the worst. I can't tell if I am losing energy as I get older or interest. Maybe I used to be tired but didn't care.

Judd Apatow

myentertainment

Imagining Poe's final days

Live Arts show 'Red-Eye to Havre de Grace' follows the poet on his last mysterious train ride to New York Why it needed a magician consult

Edgar Allan Poe is perhaps best known for "The Raven," a chilling narration of one man's spiral into madness. The tone of this and many of his other eerie works, however, was hardly pure fiction. In fact, mystery and macabre branded not only his writing, but also his last days.

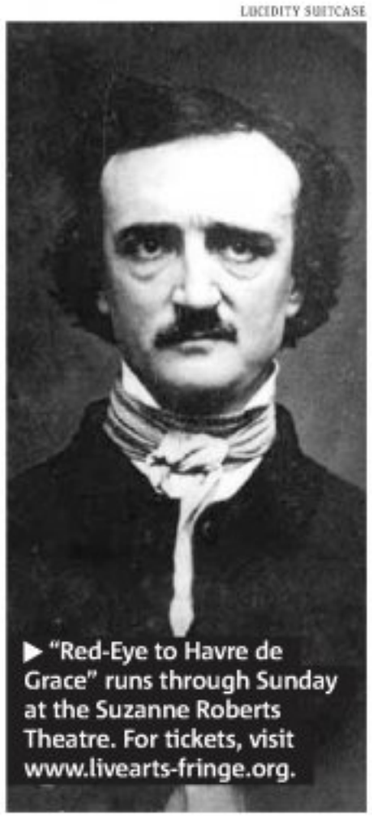
In October of 1849, the poet inexplicably disappeared on a north-bound train to New York. Last spotted in Havre de Grace, Md., the events shrouding Poe's death have roused speculation from countless scholars and readers, including theater artist Thaddeus Phillips.

For this year's Live Arts Festival, Phillips and his company, Lucidity Suitcase Intercontinental, are partnering with Minneapolis-based musical duo Wilhelm Bros. & Co. to reconstruct Poe's final journey using historical records as well as the poet's final works and correspondence. In "Red-Eye to Havre de Grace," the two troupes unite their experimental expertise in stage and sound for a genre Phillips coins "musical meets independent film — a musical without being silly."

For the production, Phillips corresponded with a professional magician to incorporate paranormal effects into his rendition of Poe's not-so-normal disappearance. But mostly, he took his cues from this realm. "We just pinpointed one weird historical fact and started improvising, researching and developing material around other obscure details," he says. "We haven't taken much literary license aside from simply rearranging and condensing."

TIFFANY KANG
letters@metro.us

LUCIDITY SUITCASE



▶ "Red-Eye to Havre de Grace" runs through Sunday at the Suzanne Roberts Theatre. For tickets, visit www.livearts-fringe.org.

Quoted

"We just pinpointed one weird historical fact and started improvising, researching and developing material around other obscure details. We haven't taken much literary license aside from simply rearranging and condensing."

THADDEUS PHILLIPS

TV watch list

'The New Normal'

COMEDY. A gay couple (Andrew Rannells and Justin Bartha) befriends a new-to-L.A. single mom (Georgia King) who is trying to better the life of her daughter while dealing with her bigoted but loving grandmother (Ellen Barkin).
Series premiere, 9:30 p.m., NBC

'Sons of Anarchy'

DRAMA. The rise of Jax to president of SAMCRO over stepdad Clay has been brutally personal and devastatingly bloody. Even more so is the fallout after club member Tig murdered the daughter of gangster Damon Pope (guest star Harold Perrineau). Good luck sleeping after tonight's premiere.
Season premiere, 10 p.m., FX

'Go On'

COMEDY. The Matthew Perry-led grief-therapy comedy receives its official premiere post-Olympics, with the former "Friends" star's sportscaster, Ryan, serving as wingman for his new group buddy Steven (John Cho).
Series premiere, 9 p.m., NBC

AMBER RAY

From left: Georgia King, NeNe Leakes, Andrew Rannells, Justin Bartha, Bebe Wood and Ellen Barkin star in "The New Normal," premiering tonight at 9:30 on NBC.

TIMOTHY WHITE/NBC

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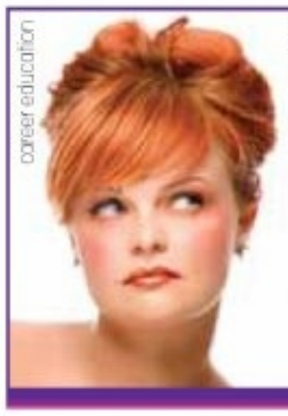

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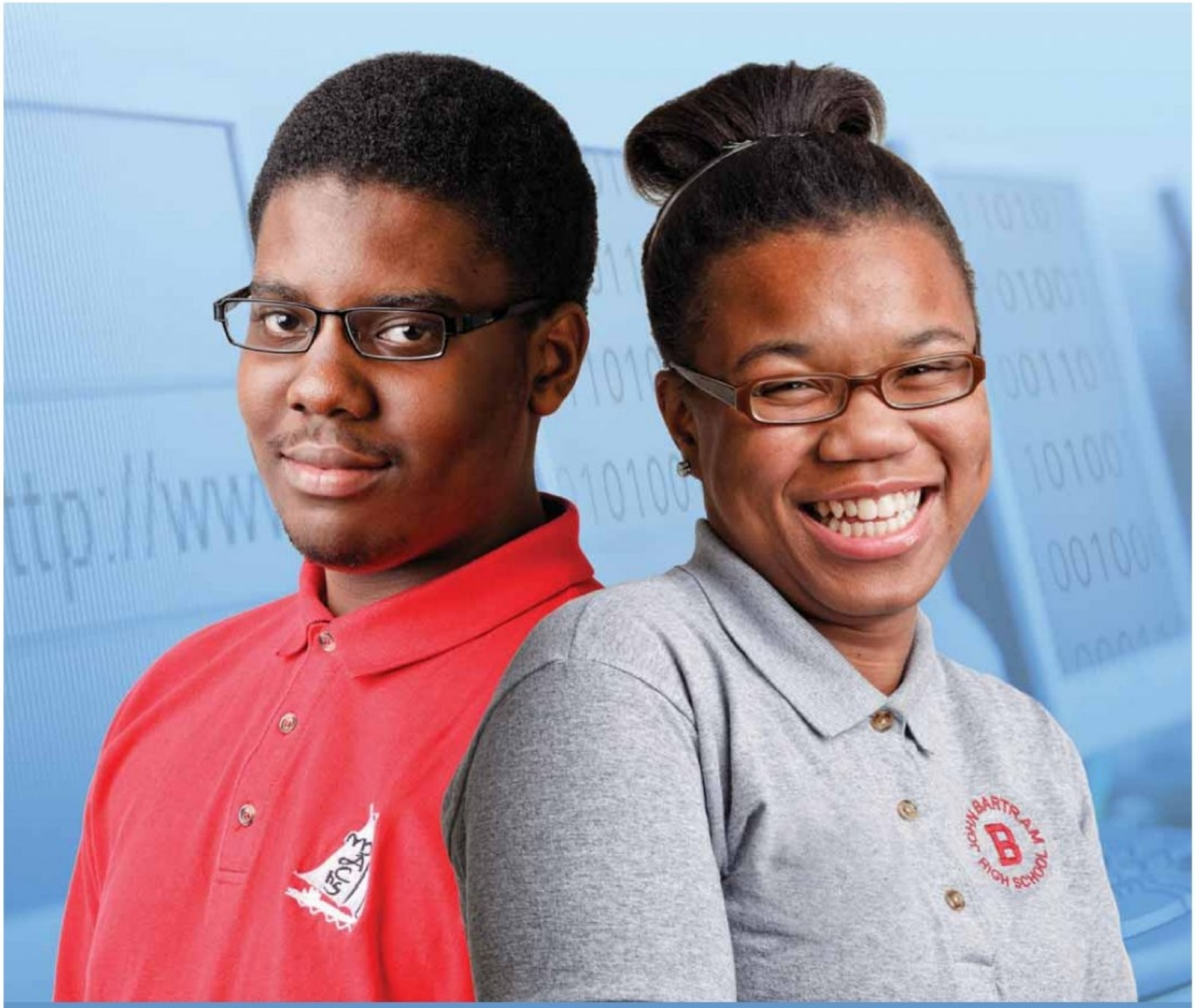

50 community groups organized to provide FREE technology training

Top 10 reasons to go back to school with KEYSPOT

WELCOME TO THE INTERNET

THE KEYS TO YOUR future Search

THE POWER BEHIND KEYSPOTS:

FREEDOM RINGS PARTNERSHIP

To confront the digital divide head on, a coalition of 16 community groups and interested stakeholders started to come together and coordinate their efforts in 2009. Known as the Freedom Rings Partnership, this coalition secured two federal grants in 2010 from the Broadband Technologies Opportunities Program (part of the Obama administration's stimulus package), including awards of $11.8 million for Sustainable Broadband Adoption and $6.4 million for Public Computing Centers.

"The goal of the Freedom Rings Partnership is to help eliminate the digital divide by enhancing and expanding underserved communities' knowledge of and access to the Internet so they can acquire information about employment, education, health, and community and economic development," Sharmain Matlock-Turner, President and CEO of the Urban Affairs Coalition, said. "This project has opened doors, enhanced lives and created access to job opportunities through technology."

Fifty Freedom Rings Partnership Organizations

Lead Partners

City of Philadelphia Office of Innovation and Technology
Urban Affairs Coalition
Drexel University

Managing Partners

Community College of Philadelphia
Free Library of Philadelphia Foundation
Media Mobilizing Project
New America Foundation
One Day At A Time
People's Emergency Center
Philadelphia FIGHT
Philadelphia Housing Authority
Philadelphia OIC, Inc.
Rutgers University
Youth Outreach Adolescent Community Awareness Project (YO-ACAP)
Wilco Electronic Systems, Inc.

Community Partners

ACHIEVEability
Amparo de la Niñez/Children's Safe Harbor
Asociación Puertorriqueños en Marcha (APM)/Front Street
Asociación Puertorriqueños en Marcha (APM)/Rising Sun
Audenried High School
Casa Monarca
Congreso de Latinos
Dignity Housing
Dixon House
Drueding Center/Project Rainbow
Enterprise Center
Kirkbride Traveler's Aid Society
Liberty Resources, Inc.
Logan CDC
Mantua Haverford Community Center
Mercy Neighborhood Ministries
McAuley House
Methodist Family Services of Philadelphia
Outley House (Men's Shelter)
Partnership CDC
People R Us Comm. Res. Svcs
Prevention Point Philadelphia
RHD Progress Haven
Sarah Allen Senior Center
SEIU Healthcare PA
Sheila Dennis (Women's Shelter)
St. John's - Good Shepherd Program
St. John's Hospice
The Philadelphia Student Union
The Unified Taxi Workers Alliance of Pennsylvania
Turning the Tide
VICA Technologies LLC
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Also Inside: A map of 80+ KEYSPOTS offering FREE computer classes and Internet access

▶

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WHAT YOU NEED TO KNOW

1 What is a KEYSPOT?

KEYSPOTS are publicly funded sites located throughout Philadelphia offering FREE computer classes, Internet access, one-on-one training and community events promoting digital literacy.

2 Who are KEYSPOTS for?

You! FREE computer use, Internet access and training are offered to anyone and everyone.

3 Do I qualify? How do I join?

There is a KEYSPOT for everyone. Although 30 are reserved for specific groups, including residents of the Philadelphia Housing Authority, members of the YMCA and clients of community-based organizations, most KEYSPOTS are FREE and open to the public. Some locations even offer incentives like free bus tokens and lunches as encouragement for participating in KEYSPOTS.

4 Can you help me get low-cost Internet access in my home?

KEYSPOT only offers free Internet at our 80 sites citywide. However, there are at least three low-cost options for families who want Internet in the home. You can try Comcast Internet Essentials for $9.95 a month, Verizon DSL (with phone service) for $14.99 a month, or Wilco/Mobile Citizen wireless Internet for $14.95 a month. You must be qualified to sign up. To learn more, call 855-846-8376 for Comcast, call 888-588-0875 for Verizon or call 215-540-3930 for Wilco/Mobile Citizen.

5 How about a free or discounted computer?

At this time, only Philadelphia Housing Authority residents or those receiving subsidized housing through PHA qualify for free computers. Before receiving them, participants must complete an eight-hour training program. For more information, call PHA at 215-684-1016.

A limited number of discounted computers are also available through Comcast's Internet Essentials Program. Call 311 or visit phillyKEYSPOTS.org to find out if you qualify.

6 What kinds of things will I learn at a KEYSPOT?

No matter your experience level, there's a KEYSPOT course for you. Our free training programs cover topics including computer basics, social networking and Microsoft Office programs. Through weekly courses, one-on-one training and open web access, you'll get the tools you need to master digital literacy.

7 How do I find the closest KEYSPOT?

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See how the Freedom Rings Partnership is connecting all Philadelphians to digital opportunities

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35 **Francisville Recreation Center**
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36 **Happy Hollow Recreation Center**
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37 **Kensington Hospital**
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38 **Logan CDC**
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39 **Mallery Playground**
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41 **Mercy Neighborhood Ministries**
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42 **Nelson Playground**
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53 **Strawberry Mansion NAC**
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54 **The Village of Arts & Humanities**
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55 Waterview Recreation Center
5826 McMahon Street
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56 **YMCA Columbia North**
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58 **Critical Path Project**
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59 **Good Shepherd**
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60 **Institute for Community Justice/Philadelphia FIGHT**
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61 **Liberty Resources Academy**
714 Market Street, 3rd Floor
Phone: 215-634-2000 ext. 203

62 **Philadelphia Unemployment Project**
112 N Broad Street, 11th Floor

63 **SEIU Healthcare PA**
1706 Race Street, 3rd Floor
Phone: 215-557-9282
Membership Required

64 **St. John's Hospice**
1221 Race Street, 3rd Floor
Phone: 215-563-7763
Residency Required

65 **Urban Affairs Coalition**
1207 Chestnut Street, 4th Floor
Phone: 215-851-1784

66 **Youth Health Empowerment Project/Philadelphia FIGHT**
112 N Broad Street, 9th Floor
Phone: 215-564-6388

67 **Youth Health Empowerment Project/Philadelphia FIGHT**
1417 Locust Street

68 **YOACAP**
1207 Chestnut Street, 3rd Floor
Phone: 215-851-1898

SOUTH PHILADELPHIA

69 **Audenried High School**
3301 Tasker Street
Phone: 215-686-5372

70 **Casa Monarca**
1448 S 17th Street
Phone: 215-253-3033

71 **DiSilvestro Playground**
1701 S 15th Street
Phone: 215-685-1598

72 **Dixon House**
1920 S 20th Street
Phone: 215-336-3511

73 **McAuley House**
1800 Morris Street
Residency Required

74 **Smith Playground**
2100 S 24th Street
Phone: 215-685-1898

75 **Vare Recreation Center**
2600 Morris Street
Phone: 215-685-1598

76 **YMCA Christian Street**
1724 Christian Street
Phone: 215-735-5800
Membership Required

NOT PICTURED

Congreso de Latinos
3439 N Hutchinson Street
Phone: 215-863-8870
Residency Required

NOMAD (Mobile KEYSPOT)
1231 N Broad Street

Techmobile (Mobile KEYSPOT)
1901 Vine Street

YMCA Northeast Philadelphia
11088 Knights Road
Phone: 215-632-0100
Membership Required

KEYSPOTS by Managing Partner Organization

- Free Library of Philadelphia
- Media Mobilizing Project
- One Day At A Time
- Parks & Recreation
- People's Emergency Center
- Philadelphia FIGHT
- Philadelphia OIC
- YOACAP

Move over CNN iReport, West Philly has some new video mavens making news.

Youth from the West Philadelphia Skills Initiative spent part of their summer at a KEYSPOT producing educational videos aimed at their peers. They shot their footage on cameras provided by the Media Mobilizing Project and then edited the footage into a finished product at the KEYSPOT managed by MMP and the Unified Taxi Workers Alliance. The videos, about obesity and diabetes, were posted on 46thanddigital.com, a blog managed by the Initiative. Alix Webb, MMP's KEYSPOT coordinator, expressed pleasure with the program's multidisciplinary learning outcomes.

"It was just wonderful to have youth come in who had never done any video editing ... and within a few hours they created digital stories — digital stories that were about their communities and issues that they really care about," Webb said.

The Fresh Prince once rapped the big hit "Parents Just Don't Understand."

But as a parent, Fresh Prince Philadelphia native Will Smith has bridged the generation gap with his own children by making movies. Some parents in the Philadelphia Housing Authority want to follow suit by coming together with their kids in their shared desire to cross the digital divide.

PHA has partnered with Drexel University through KEYSPOT, to provide digital literacy training and a free netbook computer to people in 5,000 households. But all too often the parents or grandparents take the classes, while the kids, who already know computers, reap all the benefits. So PHA has started doing classes with adults and youth together.

"It's more interesting because they're smarter than us," parent Bernice Beattie said about taking the class with her children. She said the class was reminiscent of the game show "Are You Smarter than a 5th Grader?"

The intergenerational course, which brings together parents or guardians and high school-aged children, was held for the first time this summer at the Raymond Rosen Community Center in North Philadelphia.

The course will continue to connect adults and teens throughout the 2012-13 school year.

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4. **Use a computer in a fun and safe environment at after-school programs that take place at your local KEYSPOT.**

5. **It's never too early to start preparing for college. You can take a free SAT or PSAT prep course online at a KEYSPOT in your neighborhood.**
6. **Keep up with your latest assignments so you don't fall behind with free and easy access to StudentNet!**
7. **Get free one-on-one homework help at many different KEYSPOT sites.**
8. **Relax after a long day of school with fun programs like the KEYSPOT Youth Gaming Lab at the Vare Recreation Center.**

And for parents:

9. **Keep up with your kid's grades and attendance so they don't fall behind with free and easy access to FamilyNet!**
10. **Attend a free Internet safety workshop to ensure your child is using the Internet safely and smartly.**

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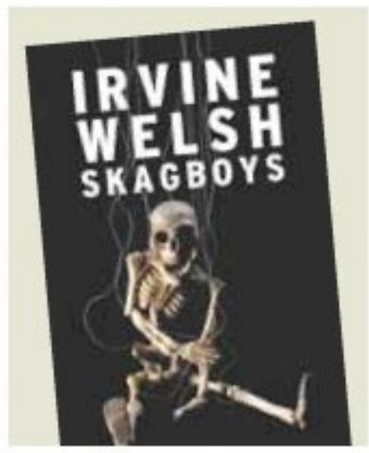
mybooks

Keeping track of the 'Trainspotting' boys

Twenty years after introducing the world to Sick Boy and friends, Irvine Welsh has returned with a prequel

'Skagboys' examines how society affects addiction



JEFFREY DELANKOY

▶ "I wanted to write about how the changes in the society influenced people's lives in 'Trainspotting,'" says Welsh about his latest book, "Skagboys."

Describing himself as "pretty itinerant," Irvine Welsh rattles off the list of cities that he's called, to some degree, home: Edinburgh, Amsterdam, London, Manchester, Dublin, San Francisco. The Scottish author has settled down a bit in recent years, which gave him the opportunity to unpack a few old boxes, one of which contained 100,000 words he'd cut from "Trainspotting."

The result is "Skagboys," the new prequel that depicts the lives of Renton, Sick Boy, Spud and Begbie before and during their slide into the heroin addiction and other bad behavior memorialized in Welsh's first novel.

If you go

Irvine Welsh
Sep. 21, 7:30 p.m.
Central Library, 1901 Vine St., Free, 215-567-4341
www.freelibrary.org

The new book was written with nearly three decades' perspective. "In some ways it's really good because you've got this distance and wisdom about it all," Welsh says. "On the other hand, it's not right in your face. This is kind of a hybrid of the two because a lot of the stuff was actually written at that time, so I had the advantage of being right in the heart of it all and then getting to take a 20-year break and look back at it."

Thatcherism and other elements of British political culture in the early '80s play a role in the characters' addictions. "I wanted to write about how the changes in the society influenced people's lives in 'Trainspotting,' but it seemed to be a bit rambling," Welsh recalls. "I don't think I had the experience and the writing chops to do that at the time."

SHAUN BRADY
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mywellbeing

Advice

Meeting of the meds

If your kid takes medication, plan a time at the beginning of the school year to go over the following key details, says Olga Acosta Price, Ph.D., director of the Center for Health and Health Care in Schools. Sign any consent forms so school personnel can administer the dose if necessary.

PHOTODISC

▶ Your child's medicine should be in its original container when you give it to his or her school.

Tell the nurse

- What medication your child is on and the dosage. Show it to your kid so that he or she can read the warning labels and verify the name.
- About any side effects, as well as potential signs that your child missed a dose
- The contact info for the prescribing care provider
- Whether it will be taken at school. Find out who will give the dose if the nurse is absent, and let the nurse know how long your kid will be on the medication. Provide it in its original container.

Tell the teacher

- The conditions or symptoms the drug targets
- About any potential side effects or reactions your child has had in the past
- How your child would like to be reminded about going to the nurse if he or she will take the medication at school

JESSIE WOHLGEMUTH

Parents

Parents brings moms and dads smart, fresh advice to help you raise healthy, happy kids. Check us out at Parents.com.

Parenting notes

Scary stat

▶ One in four kids has an undetected vision condition, according to the American Optometric Association. Be sure to get your children's pint-sized peepers checked now that they're spending their days in front of a blackboard, and visit www.seemuchmore.com for information about VSP vision care plans and eye health.

Two back-to-school contests you need to know about

▶ **2012 Healthy School Makeover Contest**
Your child's school could win a $45,000 makeover sponsored by SPARK, which creates gym and enrichment curricula for schools worldwide. To enter, the school must submit a three-minute video explaining how it's committed to healthy living and why it's worthy of the grand prize, which includes phys. ed. and nutrition curricula plus a variety of sports equipment. Learn more at **www.healthyschool makeover.com.**

▶ **Rally for Recess**
Now in its second year, Dannon's Rally for Recess contest will reward five schools across the contiguous U.S. with a $30,000 playground makeover. Three $1,000 prizes also will be awarded for kids to get their play on at home. Your job is to collect codes from Danimals Smoothies and Dan-o-nino 1.75-oz. cup packages and enter them online through Dec. 31 at **www.rallyforrecess.com.**

MEREDITH ENGEL
meredith.engel@metro.us

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Tricks to get your kids off the couch

If your preschooler is obsessed with your iPad or your teen typically Facebooks the night away, it's time for an intervention Celebs' tips

Staggering statistics about the health of our nation's children have stars uniting for a change.

"One in three kids are overweight or obese today," says Larry Soler, president and CEO of the Partnership for Healthy America. "We know that every kid should be getting 60 minutes of physical activity per day, but in reality, 42 percent of elementary students and 29 percent of high school students are getting that. We're not doing a good enough job. We can do better and we must do better."

Adding to the problem? "Youth sports are being professionalized," says Kurt Kamperman, the U.S. Tennis Association's chief executive of community tennis. "We're asking 9-year-old boys and girls to choose an activity or to specialize in a sport before they hit adolescence. That is causing a dropout rate and a burnout rate like never before."

To kick off National Childhood Obesity Awareness Month, a panel of health professionals and fit stars spoke at the U.S. Open on Sept. 1 to remind attendees about the importance of physical activity — fun physical activity, that is — for kids. We asked some of the panelists for their tips on incorporating activity into a child's schedule.

MEREDITH ENGEL
meredith.engel@metro.us

1. Tim Morehouse, Olympic fencer "We've got to get kids trying sports. Kids might only see on TV baseball, basketball and football. ... Who knows what will capture a child's imagination?"

2. Dara Torres, Olympic swimmer "My daughter likes TV, there's no doubt about that, but I always make sure that after school I have her do something. She doesn't listen to me as much, so it's easier to put her in a program where someone else is in charge. Everyone who has taught her has made the sport fun, and I think that's key."

JENNIFER POTTHEISER

3. Bob Harper, author and trainer on "The Biggest Loser" "You gotta go in and turn the computer off. You gotta take the video game away — it just cannot be a free-for-all for a kid. And I understand parents: We're all busy. But our kids need our help more than ever now."

4. Christine Taylor, actress "Make it fun. [Make] obstacle courses with objects in your house. I pull chairs out and turn chairs over and have them climb over and really make it creative from room to room."

Did you know?

This year, the USTA changed the rules of tennis for kids in an effort to get them interested and engaged in the sport. Here are the (literal) game-changers:

Children 5-8
- Play tournaments on a 36-foot court (a regular court is 78 feet) with a lower net
- Play with a red ball that's 75 percent slower in the air and has a lower bounce
- Play with a smaller racquet

9- and 10-year-olds
- Play tournaments on a 60-foot court with a regulation net
- Play with an orange ball that's 50 percent slower in the air and has a lower bounce
- Play with a smaller racquet

Advanced 9- and 10-year-olds
- Play tournaments on a full-size court with a regulation net
- Play with a green ball that's 25 percent slower in the air and has a lower bounce
- Play with a smaller racquet

The USTA is hosting free play days across the country through Oct. 6, where kids and their families can visit a local school or park to test out and play with the new equipment. Visit www.youthtennis.com and type in your ZIP code to learn about free play days near you.

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Letters

letters@metro.us

Column raises Kane on how both sides treat female pols

RE: "LOVE'S LABORS LOST ON LEFT HATE-SLINGERS" (METRO, SEPT. 10) Thank you so very much for printing Gregory Kane's article about Saratoga Springs Republican Mayor Mia Love. Her convention speech was a "don't-miss"; she is a wonderful example of how bright women in power can remain women. Your article is likely the very first time that many Democrats have heard about her.
JANICE QUIRK, VIA E-MAIL

Greg Kane's news column made my Monday morning. It was a piece with a decent point that then went so far into hypocrisy and delusion land that it could only make me smile. I agree with the point that people should not be calling others such vile names for their political views. But since the "wrong-wing" conservatives "taught" the left how to do it, I find it funny that wrong-wing conservatives cannot take what they dish every day.

The wrong-wing conservatives used every name they could on Hillary Clinton and then cried when the same was done to Sarah Palin.

The wrong-wing conservatives have made threats of civil war and personal violence against liberals, including saying they wanted liberals too scared to come out of their homes to vote. A wrong-wing conservative even attempted to kill a congresswoman by shooting her in the head after wrong-wing politicians used gun targets on the faces of their opponents. Greg Kane has a decent point, but frankly it is also hypocrisy of a high magnitude.
DOUGLAS BROWN, VIA E-MAIL

Jewish-looking faces? Thanks for the stereotype

RE: "DON'T WORRY — HE'S GOT A CUNNING PLAN" (METRO, SEPT. 7-9) I was confused by letter writer Jonathan Perry's letter to the editor about the GOP convention attendees not consisting of various ethnic groups, particularly about the lack of "Jewish"-looking faces, whatever that means. Jews don't have a set appearance, except to those who like to make stereotypes.

What those attendees probably had in common was a shocked look that, despite a weak economy, record-high federal debt, and the worst three-year record of employment since the Depression, Obama is slightly leading in the polls.
RON FALCON, VIA E-MAIL

Political chasm requires two to play

RE: "THE WORD TODDLERS AND THE GOP HAVE IN COMMON" (METRO, SEPT. 10) Letter writer Rachel Garber needs to open her eyes. "The GOP no longer compromises"? Neither side has compromised since 2006. If one side declares it night, the other side would disagree and claim it to be day, no matter the time of day. Also, in what vote did Romney vote against "a health care program that is virtually the same"? He's never held office other than being governor of Massachusetts.
REX A. BRYANT SR., VIA E-MAIL

E-mail your letters: letters@metro.us

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♍ Virgo **Aug. 23-Sept. 22.** Do not allow your friends to convince you to do something that you really can't afford. If you haven't got the funds, be smart and bow out.

♎ Libra **Sept. 23-Oct. 23.** If you find yourself vacillating over some critical decisions, know that hesitation will only breed complications. Instead, trust your judgment and take bold action.

♏ Scorpio **Oct. 24-Nov. 22.** Usually you weigh both sides of an issue, resulting in a balanced judgment. Today, however, your thinking might be more self-defeating than farseeing.

♐ Sagittarius **Nov. 23-Dec. 21.** Guard against inclinations to believe in everybody and to put your trust in those who cannot measure up to your expectations. If you fail to do so, disappointment is very likely.

♑ Capricorn **Dec. 22-Jan. 19.** If you don't have an equal say, you might end up in a situation that is something like a partnership, but not quite. Be very careful.

♒ Aquarius **Jan. 20-Feb. 19.** If you cannot arouse enough enthusiasm to handle a tough assignment, you'd be better off temporarily postponing it until you can muster up enough eagerness to do so.

♓ Pisces **Feb. 20-March 20.** Don't get too deeply involved in a risky endeavor because, in all likelihood, Lady Luck will be taking a day off. Without her assistance, you aren't apt to swing it alone.

♈ Aries **March 21-April 19.** Should an old, unresolved family issue surface in front of others, do your best to quell it immediately, before it makes the entire clan turn nasty.

♉ Taurus **April 20-May 20.** If someone comes up with a better way of doing something, don't be so quick to reject it. If you let your ego take command, you'll never improve.

♊ Gemini **May 21-June 20.** Something significant can be learned about budgeting if you take some time to examine your financial situation realistically. Don't just bewail your failings — correct them.

♋ Cancer **June 21-July 22.** Allowing dictatorial inclinations to dominate your thinking could cause you to assert your will on those over whom you have no authority, making you look like a bully. Don't let this happen.

♌ Leo **July 23-Aug. 22.** Don't put any limitations on your imagination, nor allow others to do so for you. Be sure that the thoughts that guide your thinking and actions are focused on the positive.
BERNICE BEDE OSOL

Across
1 Elephant rider, maybe
6 Salespeople
10 Autocrat
14 Old Greek market
15 Jean Auel heroine
16 Fillet a fish
17 Convenes
18 Heat wave results
20 Caught sight of
22 Fjord
23 Growled viciously
26 Unfold, in verse
27 More open
28 Cager's coup (2 wds.)
3 Added brandy
34 Virginia caverns
35 Dazzle
36 Statutes
37 Consumer advocate
38 Keenan or Ed
39 DI, twice
40 Tall and lanky
41 Calf-length skirts
42 Running the show (2 wds.)
44 Curtis of cosmetics
45 Dog show org.
46 Fence stakes
47 Bach opus
50 Tarzan's moniker
52 Deluged
54 More up-to-date
58 Cheery tune
59 Seal in the juices
60 Grenoble's river
61 VIPs of NFL
62 Knight, often
63 Term paper

Down
1 Rear-end
2 Sharpen a cheddar
3 Diner coffee
4 Vein opposites
5 Gave a hard time
6 Beyond zealous
7 Fictional governess
8 Walk wearily
9 Visited
10 Carnivores' delight (hyph.)
11 Type of food
12 — meridiem
13 Take a load off
19 Chilly
21 Each
23 Deli staple
24 Vitamin B component
25 Frigid region
26 Footballer — Bravo
28 Magistrate
29 Heavy hydrogen discoverer
30 NYC planetarium
31 With title to
32 Gets ready to pounce
34 k.d.— of country music
37 DEA operative
38 Cunning
40 Did a fall chore
41 Actress — Griffith
43 Hangouts
44 Grocery buy
46 Slugger — Guerrero
47 Thin coating
48 Prof's place
49 Swallow hard
50 Fit to — —
51 Mellow fruit
53 Bonfire remains
55 NBA coach — Unseld
56 Memorable time
57 "The Bridge of San Luis —"

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61				■	62				■	63				

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5		7			9			6
8			1	5		3		
		3				7		9

SUDOKU **LEVEL: EASY**

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3		8	6			1		
			4					2
5								9
		3	8		5	4		
8								6
4					6			
		7			9	6		3
9	8				1	7	2	

SUDOKU **LEVEL: HARD**

Solution to Monday's crossword

V	E	R	S	A	■	D	A	T	E	■	L	O	G	E
I	V	I	E	S	■	O	R	E	G	■	A	I	L	S
P	E	T	R	I	F	Y	I	N	G	■	B	L	A	S
S	R	A	■	N	U	L	L	S	■	D	E	E	R	E
■	■	■	W	I	R	E	■	■	G	O	L	D	E	N
C	H	U	R	N	S	■	Q	U	A	D	■	■	■	■
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Z	E	R	O	■	B	E	E	S	■	K	O	A	L	A

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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destinations

Basking in Bermuda

It may be hurricane season, but book your tickets now for later Relax and rejuvenate on pink sand beaches and swim in turquoise waters Don't leave without trying a Rum Swizzle

Wherever you look in Bermuda, you see beautiful colors. From the pink sand beaches to the turquoise waters and the buildings painted in pastel hues, the island offers the perfect place to escape. With Bermuda only being a two-hour flight from the Northeast, it's an easy destination even for a long weekend.

Where to stay

The Reefs: Perched over secluded pink sand beaches, The Reefs is the ultimate relaxation spot. The resort has been around since 1947 and accommodates romantic vacations as well as family gatherings. There's something for everyone here — including those looking to invest in real estate. If you're thinking of making Bermuda a permanent vacation spot, The Reefs has now expanded to offer condominiums.

The Rosedon: For a more intimate stay, visit The Rosedon. Once an old mansion, the hotel offers a smaller, more quaint stay. Each morning, call the front desk to order your breakfast — every day it's a new dish — and they'll serve it to you either on the front deck, your personal balcony, your room or by the swimming pool. The hotel is a 10-minute walk from the main town of Hamilton, which offers a variety of shopping, restaurants and bars.

▶ The Pompano Beach Club overlooks the south shore of Bermuda, which includes Horseshoe Beach.

PHOTOS: MARY ANN GEORGANTOPOULOS /METRO

MARY ANN GEORGANTOPOULOS

Weather the storm

Bermuda seems to have escaped the worst of Tropical Storm Leslie, as the storm is headed toward Canada. The island saw more than 4 inches of rainfall, but the Bermuda Police Service said there were no reports of any major damages or injuries. As of yesterday, Bermuda's airport remains open.

What to drink

Rum Swizzle: Summer in a glass

Don't leave Bermuda without trying what's often referred to as the national drink. A Rum Swizzle is rum based with fruit juice (lime, orange and pineapple) and grenadine.

▶ More like a Yum Swizzle!

▶ Crystal Caves may have more beautiful water than the ocean.

What to see

Crystal and Fantasy Caves

The beaches are gorgeous and the sunsets are stunning, but one of Bermuda's biggest treasures is underground. Visiting the Crystal and Fantasy Caves is a must. Two 12-year-old boys searching for a lost cricket ball accidentally discovered the caves in 1905. What the boys found were spectacular stalactites, stalagmites and deep, crystal-clear pools of azure blue water. The guided tour deep into the caves is breathtaking.

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3

He said it

McNabb: Birds need to run

Donovan McNabb made his debut on NFL Network's NFL AM yesterday and shared some thoughts on the Eagles.

The team's former quarterback said he thought Mike Vick throwing 56 times wasn't a good idea.

"I think that was just a bad decision overall. I thought they should have ran the ball a little bit more," McNabb said.

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Opinion

ANGELO CATALDI
THE VOICE OF THE PHILLY SPORTS FAN

THE BROWN WHO SAVED VICK'S SEASON

L.J. Fort dropped the ball. Every analysis of the Eagles' 17-16 victory over Cleveland must start with that simple fact. Fort had a Mike Vick pass in his hands with 1:23 left in the season opener, and the Browns rookie let the ball fall to the turf.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send submissions to letters@metro.us.

Because of that drop, Vick doesn't have to deal with a clamor for backup Nick Foles — at least not yet — the offensive line doesn't have to find excuses for an unacceptable performance and coach Andy Reid doesn't need to explain more ridiculous strategy. They all received a reprieve because Fort couldn't hold onto a football that hit him right in the hands.

But some painful truths have already emerged about this 2012 edition of our favorite football team:

- Vick will derail this season with turnovers, if he isn't hurt first.
- The offensive line is not capable of protecting Vick, or anybody else.
- Reid may be more fan-friendly these days, but he's just as stubborn.

Quoted

The line protecting him must share the blame for the brutal beating Vick absorbed.

If Fort had held onto that interception, it would have been Vick's fifth pick, a career high. Under attack all day by the ordinary Cleveland defense, Vick put the football in harm's way with throws over the middle, or off the hands of his receivers, or directly into coverage. He played a dumb football game.

And he was no smarter when it came to preserving his health. According to ESPN, Vick was hit 19 times, the most by a starting NFL quarterback in any game over the past three seasons.

▶ Fort

For a franchise player who had already suffered two injuries in the past month, Vick continued to ram his small body into defenders with no concern for his physical condition.

The line protecting him must share the blame for the brutal beating Vick absorbed. Demetress Bell, the ex-Buffalo tackle who was brought here to replace Jason Peters, is so inept he didn't even dress. His replacement, King Dunlap, plays more like a court jester. The rest of the crew has proven to be far better at holding than blocking.

Finally, there's Reid. On a day when his quarterback was rusty, his offensive line was struggling and his star running back was averaging 5.5 yards per carry, the newly affable coach called 56 pass plays and only 20 runs. Why?

In the end, the Eagles' defense was solid (or the Browns' offense was awful; take your pick), punter Chas Henry was spectacular and the Eagles somehow came back in the final minutes for a big win.

Which leads us right back to where we started: L.J. Fort and his hands of stone. Without him, this would be a much tougher week for all of us.

*– **Angelo Cataldi** is the host of 94 WIP's Morning Show, which airs weekdays 5:30-10 a.m.*

Still on good footing

GETTY IMAGES

▶ Akers

David Akers tied an NFL record when he kicked a 63-yard field goal. David Akers. Does the name ring a bell?

It should. Akers is the best kicker in Eagles history, a Hall of Fame candidate who isn't playing here for reasons that still have not been explained. All we know, two years after his departure, is that Andy Reid singled him out for the loss in the last Eagles' playoff game, even though Akers was living a personal nightmare. His six-year-old daughter, Halley, needed surgery for cancer.

Halley is fine, and so is dad. At 37, he is so fine that he converted 85 percent of his field goals last season and is already 3-for-3 this year, including the 63-yarder. Ironically, one of the reasons the Eagles supposedly decided to dump Akers is because they were worried about his ability to kick long distances as he grew older.

What they should have been worried about is how it would look to lose a brilliant performer and a first-class citizen for no good reason. The best theory for why Reid let Akers go is that the kicker had rejected what the team considered a fair offer, a slight that simply wasn't tolerated under Joe Banner.

But why did Reid act so coldly when he told the media to "do the math" after the Birds had lost by five and Akers had missed two field goals? Didn't Akers deserve the same sensitivity that Reid got when his son Garrett suddenly died this summer? Wouldn't anyone?

We may never know the answer to these questions, but one thing is clear now about the decision to let Akers go. It was absurd.

Idle thoughts from Cataldi

1 Off and running. Want a stat that boggles the mind? In his 14 years as Eagles coach, Andy Reid has never called a running play to start the first possession of a new season. The pass to LeSean McCoy in the Cleveland opener on Sunday was the 14th straight season in which Reid opened with a pass.

2 Official problem. The replacement refs are terrible. Not only did they call 28 more penalties against visitors than home teams, but they lost track of timeouts in Seattle and didn't know whether to use replay on a fumble in Cleveland. I hate the regular refs, but I hate these scabs even more.

3 Great pretenders. Nationals manager Davey Johnson deserves to lose every game after he had to gall last week to blame the media for the ridiculous early shutdown of ace pitcher Stephen Strasburg. Let's all hope the Phillies come back next year and crush these pretenders.

GETTY IMAGES

▶ Phils GM Ruben Amaro Jr. has made multiple mistakes.

Blame Amaro

Maybe I was wrong. Maybe the biggest problem on the Phillies isn't manager Charlie Manuel or the aging roster or the rotten bullpen. Maybe the biggest problem is GM Ruben Amaro Jr.

In an ulcer-inducing interview with Jim Salisbury of CSNPhilly.com, Amaro sounded like a man in denial — about his blundering manager, about his skipper-in-waiting Ryne Sandberg and about the injury problems in 2012.

The GM said there is "no question" Manuel will be back. No question? The Phillies had the best team last year and lost. They had the best rotation this year and fell out of the race early because Manuel showed no urgency to win games in April and May. No question?

Amaro makes no sense these days. He called Manuel's heir apparent, Sandberg, an icon with "no negatives" as a manager, and yet, when asked if he figures to be the next Phils skipper, Amaro said: "Oh, I couldn't say that." Why not?

The dumbest comment came when Amaro said the injury that "crushed" the 2012 Phillies was not Chase Utley's or Ryan Howard's. It was the back ailment of Freddy Galvis. Hello? Galvis was hitting .226 when he got hurt, and would have missed 50 games because he violated baseball's drug policy.

Maybe I was wrong. Maybe Amaro is the one who has to go.

Raise the Ruf: Phils call up Ruthian, Reading prospect

Minor-league home run champ arrives in South Philly ◗ Manuel likes what he sees, hopes to get him at-bats ◗ Meanwhile, Kendrick flirts with no-hitter ◗ Leads team to another win

Everybody knows Charlie Manuel loves the long ball. So it's no surprise the Phillies skipper was grinning pregame when discussing Darin Ruf, who arrived yesterday after his Reading Phillies were eliminated from the playoffs. Ruf led the minor leagues in homers with 39 bombs.

"If you can hit, they will find a place for you in today's game," Manuel said. "If you can hit with power, you'll find a position to play."

Well, Ruf — who hit a Ruthian (or is that Rufian?) 20 home runs in August for Reading — wasn't in the starting lineup, even though the Marlins started a lefty, Wade LeBlanc, and the Phillies could sorely use an injection of right-handed power.

Manuel wanted to check out Ruf in person before inserting him into the lineup.

"I want to see him take some fly balls, see him work at first and take some BP [batting practice]," Manuel said

Perhaps it's also a good idea to go with what has been working for Manuel of late, since the Phillies have won 12 of their last 16 games.

GETTY IMAGES

▶ Kendrick gave up one run on two hits last night in the Phils' 3-1 win. The right-hander is now 5-1 in last six starts.

▶ Ruf

Ruf is fine with however Manuel wants to use him during the stretch run.

"I'll do whatever he wants me to do," Ruf said. "I'm just excited to have the opportunity to be here. I had a good year in Reading and it was fun playing in the playoffs [with the R-Phils]. I soaked up everything down there and have taken that experience with me."

Ruf hopes he can make a difference with the Phils as they attempt to beat all odds and earn the second NL wild card spot.

"I would love to be able to get out there and do something positive with the bat," Ruf said. "That would be awesome. I don't care if it's through pinch-hitting or if I start a game or two. I want to contribute. I'm confident even though I've never been up here before."

Manuel indicated that he'll give Ruf a chance.

"He swings the bat pretty good," Manuel said. "He can hit."

At the very worst, Ruf will score valuable experience.

"I'll be able to see big league pitchers and maybe help the Phillies get to the playoffs. They've put themselves in a good position to get to the playoffs. I'm excited to have such an opportunity. I'm just going to make the best of it."

ED CONDRAN
sports@metro.us

Phils skipper taking it easy on Ruiz, Vick

Carlos Ruiz played for the first time in five weeks Sunday night. But Charlie Manuel said he would take it easy on his injured catcher.

"I'll work Chooch in," Manuel said. "He couldn't score on that one ball [from second in Game 2 of Sunday's double-header]. He's fine behind the plate. He said he felt good."

Manuel also took it easy on Eagles QB Mike Vick fan. The skipper is a fan.

"He did it [won the game] when he had to do it," Manuel said of Vick. "I saw him play at Virginia Tech. I like him. I thought he was good." METRO

What went right:

- Phillies 3, Marlins 1
- Tonight, 7:05 vs. MIA

1 The Good Kyle Kyle Kendrick looked like Roy Halladay for the first half of the game. Kendrick had a no-hitter going into the sixth. He gave up one run on two hits over seven innings. He set a career high with eight strikeouts. He finally has an out pitch, a devastating changeup that he could have used during the first half of the season.

2 Brown town Domonic Brown hit his second homer of the season, a two-run shot to right field, which was the decisive blow. Maybe Brown, who has had a power outage for much of the season, is finally breaking out of his slump.

3 Rest easy with Bastardo. After pitching both ends of Sunday's doubleheader, Phils closer Jonathan Papelbon got a much-needed night off. beleaguered reliever Antonio Bastardo earned the save by pounding the plate. The Phillies are just a game under .500.

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▶ Vick absorbed 19 hits Sunday, according to ESPN stats.

Reid defends Vick, Maclin hurt again

◗ Coach talks about number of hits on QB ◗ Doesn't believe Vick is 'over-thinking' ◗ Receiver day-to-day

How does that old commercial go: How many licks does it take to get to the Tootsie Roll center of a Tootsie Pop?

The answer, per the ad, is three, which is 16 fewer licks than Mike Vick took in Sunday's 17-16 win over Cleveland. The quarterback was hit or under duress on 19 dropbacks, according to ESPN — which is tied for the most in the NFL since 2010.

One day after that debacle, coach Andy Reid was asked if Vick takes more hits in the pocket than his peers.

"Well, in the pocket, I wouldn't say he gets hit more than the other quarterbacks," Reid said. "Now, I'm not going around studying [the numbers]. I'm not sitting here with numbers for you on the other quarterbacks."

Of course, Vick's health wasn't the issue. He just appeared out of sync overall. Maybe it was the lack of preseason snaps, or maybe there were too many breakdowns from his offensive line. Either way, Reid is standing by Vick.

"I don't think it's overthinking," Reid said. "There were so many good things that he did in the mix there. I mean, he accumulated a ton of yards and so there were some good things. We've all got to look at that and make sure that we get that right."

The bottom line, just like last season, is that the Eagles need to eliminate the turnovers and penalties. The team racked up 456 total yards of offense and nearly lost in embarrassing fashion.

"That's ridiculous there," Reid said. "You have 12 penalties for 110 yards. That's ridiculous and that's not good football. We just have to make sure we take care of that."

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Injury report

- **Andy Reid** listed five players on his injury report: **Jason Avant** (wrist), **Jeremy Maclin** (hip), **Curtis Marsh** (hamstring), **Jaiquawn Jarrett** (shoulder) and **Riley Cooper** (collarbone).
- **Obviously, the one everyone wants to know about is Maclin.** The team will keep a day-to-day watch on its wide receiver as he continues to rehab. Reid said he wouldn't make a roster move until later in the week. Cooper won't be ready by Sunday.
- **"I'm just going to see here the next couple of days,"** Reid said. "See how he feels as we go."

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▶ Maclin

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- Be female ages18 and older
- Have symptoms or diagnosis of BV
- Be in good general health

If you or someone you know think they have a vaginal infection that is not responding to over the counter medication call today for more information.

Study participants will receive study related exams, lab tests, and study medication at no charge.

Compensation for time and travel may be provided

For more information call:
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(But, remember, he wasn't always an old ugly man - once, he was just ugly)

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **09/28/2012 @ 11:00AM** at the Safeguard Self Storage facility located at **1221 N. Broad Street, Philadelphia, PA 19122.** The personal goods stored in the following units by the following tenant(s):

safeguard self storage

2403 Derrick Lambert, 3410 Rozlyn Reddy, 4112 Warren Sutton 3rd, A4305 Derrick Gladney, 3112 Lamont Starr, A4315 Lawrence Coles, A4205 Jeffrey Rosen, 2233 Anthony Patterson, 0104 Loretta Prather, 4310 Terez Lee, 0310 Louwanna Williams, 4102 Sheila McCoy, 0205 Renee Mazzccua/Monique Reese

Purchases must be made with cash only and paid in full at the time of sale. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **9/28/12 at 12PM** at the Safeguard Self Storage facility located at **830 E. Hunting Park Ave, Philadelphia, PA 19124.** The personal goods stored in the following units by the following tenant(s):

safeguard self storage

#1204 Aaliyah Ellerbee #1402 Shirley Scatliffe #2304 Sylvia Ortiz #3111 Hector Fandino #3504 Rachel Gonzalez #3522 Danene Bowman #3604 Michael Craddock #3800 Millie Bostic # 3811 Jesus Gonzalez

Purchases must be made with cash only and paid in full at the time of sale. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage, Inc.

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Metro Self Storage

*Public auction at **Metro Self Storage 2240 Island Avenue Philadelphia PA 19142 on September 27, 2012 at 9:30.** Auction with reserve. Metro Self Storage reserves the right to set minimum bids and refuse bids. CASH ONLY. Contents must be removed within 24 hours. Property contained in the following units will be sold to satisfy the owner's lien for rent under PA code 73 P.S. 1901 et. seq.

Unit 1105	Shaona Martin	A/C, Toys, Sofa, TV, Boxes, Stereo	Unit 3037	Joseph Howdershell	Tools, Clothing
Unit 1153	Robert Grier	Bins	Unit 3046	Ivan Irby	Totes, Vacuum Cleaner, Boxes, Speakers, Fan
Unit 1210	Ayodeji Ayinde	Shoes, Clothes, Pots			
Unit 2116	Mylece Carter	Dresser, Sofa, Mattress, Box Spring	Unit 3159	Shawn Hall	Fish Tank, Bike, TV, Stroller
Unit 2120	George Thompson	Stroller, Toys, Sofa, Vacuum Cleaner	Unit 3165	Gwendolyn Diggs	Totes,
			Unit 4061	Brenda Gordon	Pillows, Stereo, Dresser, Sofa
Unit 2197	Crystal Yvonne Barrow	Heaters, Boxes, Sofa, Toys	Unit 4116	Raheem Davis	Bags, TV, Bike

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **09/28/2012 at 1PM** at the Safeguard Self Storage facility located at **3300 Frankford Ave, Philadelphia, PA 19134.** The personal goods stored in the following units by the following tenant(s):

safeguard self storage

#1405 Loretta Hall, #3609 Lajoya Rambert, #2422 Lori Ruberti, #4704 Jasmine Santiago, #4126 Jennifer Rivera, #4619 Derrick Godfrey, #1401 Michael Yaroschuk, #3501 Lizbeth Torres, #3413 Frederick Mongon, #2723 Anthony Robinson

Purchases must be made with cash only and paid in full at the time of sale. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **9/28/12 at 2PM** at the Safeguard Self Storage facility located at **6371 Keystone Street, Philadelphia PA 19135.** The personal goods stored in the following space numbers by the following tenant(s):

safeguard self storage

0105 Sam Morales • 0409 David F Malloy • 1402 Andrea Coulter 1502 Raymond Edward Weldon • 2129 Francine Robert 2418 Tara Nichole Johnston • 2312 Gou Xing Huang

Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **September 28, 2012 @ 10am** at the Safeguard Self Storage facility located at 6224 Germantown Ave Phila. PA 19144. The personal goods stored in the following space numbers by the following tenant(s):

safeguard self storage

Bill Knox - #1144, Carlton V. Jarmon - #0408, Erik D. Helverson - #0509, Karen R. Johnson - #0206, Keith L. Finney - #3504, Marcel S. Gleaves - #1102, Maynard Brown - #2242, Norman E. Singleton - #1701, Tashella R. Taylor - #2705, William Cavanaugh - #3209

Purchases must be made with cash only and paid in full at the time of sale. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage, Inc.

Public Storage

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell to satisfy lien of the owner, at public sale by competitive bidding on **Sept. 21, 2012 at 10:00 am at Public Storage Facility located at 1251Byberry Rd., Philadelphia, PA 19116.** Purchases must be made with cash only and paid at time of the sale. All goods are sold as is and must be removed at the time of purchase. Public Storage reserves the right to bid. Sale is subject to adjournment.

B263 L. Dyches • C315 L. Gilman • D450 L. Tertel • J1202 J. Mangan
L1046 R. Home • M1124 M. Klepesky • M1134 C. Simpson • P013 E. Barclay

PS ORANGECO, INC

Public Storage

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell to satisfy lien of the owner, at public sale by competitive bidding on **Sept. 21, 2012 at 12:00 pm at Public Storage Facility located at 2700 Grant Ave., Philadelphia, PA 19114.** Purchases must be made with cash only and paid at the time of sale. All goods are sold as is and must be removed at the time of purchase. Public Storage reserves the right to bid. Sale is subject to adjournment.

A025 M. Gambone Jr. • A028 E. Morales • B0037 A. Betances • D0186 G. Brown
D0227 R. Mccolligan • G0418 S. Little • J0678 N. Knowles • J0800 L. Lloyd
J0855 A. Valley • K0891 L. Porecca • K0931 M. Welsh
N1134 N. Coleman • P003 A. Robinson

PS ORANGECO, INC

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Surgery Mistake/Hospital Death

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NOTICE OF PUBLIC AUCTION OF UNITS IN LIEN

21st Century Storage - 3503 North B Street, Philadelphia, PA 19134
Phone - (215) 423-4000

Property contained in the following units will be sold on SEPTEMBER 24, 2012 auction at 11:00 AM to the highest bidder to satisfy the owners lien for rent under 73 p.s. 1901 et. seq. Auction is with reserve, 21st Century Self Storage reserves the right to set the minimum bids and refuse bids. CASH ONLY. Contents must be removed within 24 hours.

A106	Colon, Elliott	household items	M108	Marinari, Aaron	household items
A114	Carlos Guzman	household items	M199	Rodrigues, Emanuel	household items
D308	Sanchez-Urena, Pedro	household items	P413	Lopez, Carlina	household items
D330	Yolanda G Clifton	household items	S141	Torres, Nelson	household items
D339	Rondon-Castro, Roque	household items	S161	Lawson, Ronald	household items
J920	Rodriguez, Carlos	household items	S181	Patterson, Darnell	household items
J934	Guinars, Saral	household items	T119	Kim, Sina	household items
L220	Rios, Luis	household items	T192	Cintron, Martha	household items
L230	Alameda Jr, German	household items	T831	Jewell, Gregory	household items
L248	Bonnes, Keitheon	household items	T841	Ares, David	household items
M106	Maestre, Ivan A	household items	T871	Flores, Jose	household items

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Perelman School of Medicine University of Pennsylvania

Type 2 Diabetes Research Program
Combines Online Tools and In-person Guidance

The University of Pennsylvania is seeking people who:
• Want to lose weight
• Have type 2 diabetes
• Have an email address and computer access
• Have a hemoglobin A1c level between 7 and 11
• Are available for 5 to 7 study-related visits/assessments

If you match the description above, you may be eligible for our weight loss study involving a weight loss program modified for people with type 2 diabetes. If eligible, you will receive medical evaluations, including blood tests and visits to the clinic at no charge.

Compensation is included.

For more information, please call Patricia at 215-746-7193, or email: patrh@mail.med.upen.edu

DEPRESSION

Are you taking medication for your depression, but it just isn't helping much?

If this is so, and you are between 18 and 65 years old, you may be eligible to participate in a research study being conducted by Psychiatrists at the University of Pennsylvania. If eligible, you would receive investigational medication and study related medical care as well as compensation for time.

Please call **215-898-4301** to see if you qualify.
Locations: University of Pennsylvania

Have you had a TERRIFYING EXPERIENCE?
Are you still haunted by the memory even though you try to forget it?
AND
Are you **SMOKING** cigarettes but **WANT TO QUIT?**

You may be eligible for a research study with 12 weeks of counseling and medication.

Financial compensation up to $485 is provided for eligible persons.

Penn Medicine
Call today! 215-746-3327
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My GOUT SYMPTOMS just won't go away.

Qualify for a local research study and you may receive an investigational GOUT medication that's designed to work differently than most other drugs.
No-cost study-related care.
Compensation for time and travel.

Call 888-897-8149
or visit www.GoutTrial.com

Do you suffer from ARTHRITIS?

Local doctors need volunteers for a research study comparing FDA-approved arthritis medications.

✓ No-cost study-related care and study medications for up to 42 months.
✓ Compensation up to $50.00 per visit
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Call: 866-668-7321
Visit: www.StudyForArthritis.com

TAKE DIABETES TO HEART

Type 2 Diabetes and Heart Risk Clinical Research Study

You may be eligible to participate in a clinical research study of an investigational medication in individuals with type 2 diabetes, who are also at risk for heart disease. Qualified participants will receive study-related care and investigational study medication for your diabetes for up to eight years. You may also be reimbursed for your time and travel.

You may qualify if you have type 2 diabetes and heart problems or type 2 diabetes and:

- ❑ High blood pressure
- ❑ High cholesterol
- ❑ Kidney disease
- ❑ Poor circulation
- ❑ Problems with the retina of your eye
- ❑ History of cigarette smoking
- ❑ History of stroke

Call: Carol Homko, RN, PHD 215-707-3784

GOT ANGER? GET HELP!
Do you find yourself in frequent arguments?
Have you ever pushed or hit someone in anger?
Do you throw or break things when you get frustrated?

If you are between the ages of 18–55 and have problems with anger and aggression, then you may qualify for a research study being conducted now by Michael McCloskey, Ph.D. at Temple University.

The goal of this study is to examine the effectiveness of two forms of psychotherapy ("talk therapy") for individuals with anger and aggression problems. Qualified participants will be randomly assigned to 12, 1-hour sessions of either cognitive-behavioral therapy or supportive therapy. The form of therapy you are given will be randomly determined (i.e. flipping a coin). Therapy is provided at no cost.

Participation in this study will require 18 visits over approximately 4 months, completing brief phone surveys several times a day, 2 follow-up phone interviews at 3 and 9 months after therapy, and 2 follow-up office visits 6 and 12 months after therapy. This study also includes two fMRI brain scans (one immediately before therapy and one the week after therapy).

Eligible individuals will be compensated for completionof all study procedures.

To find out more call: 215-204-CALM

www.temple.edu/psychology/mad
Department of Psychology - Temple University
Weiss Hall 1701 N. 13th St., Phila, PA 19122

Would you like to lose weight and get treatment for depression?

Penn
University of Pennsylvania

The University of Pennsylvania's Center for Weight and Eating Disorders is offering a 20-week treatment as part of a research study that combines therapy treatments for depression with a weight loss program. You may be eligible if you are between the ages of 18 and 70 years old, overweight or obese, and are depressed. Compensation for time and travel available. Call **215-573-5502** for more information.

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GLASSES or CONTACT LENSES

with most of these insurances:

City Workers • SEPTA employees
VBA • NVA • Blue Cross • Blue Shield
Americhoice • F.O.P. • Aetna • March Vision Care
United Healthcare Community Plan • Davis Vision*

EyeMed Vision Care · vsp Vision care for life · NVA · OptumHealth Vision · Aetna Better Health

* *Co-pays may apply*

* ***Davis Vision accepted only at Aramingo Ave location***

* ***Must Be Prescription Glasses or Sunglasses.***

NOW ACCEPTING BRAVO HEALTH

eye encounters

EXAMS • GLASSES • CONTACTS • SUNGLASSES

3853 Aramingo Avenue 215.288.3333
Dr. Jeffrey Gold - Previously Sunrise Optical
4002 Chestnut Street.....215.921.4871
1925 Chestnut Street.....215.854.0441
1325 Market Street 267.514.4393